

**DuPage County Health Department Statement on
CDC COVID-19 Updated Isolation and Quarantine Guidance
December 28, 2021**

Based on what is currently known about Omicron and what the science demonstrates regarding SARS-CoV-2 transmission, the Centers for Disease Control and Prevention (CDC) has updated isolation and quarantine recommendations for the public. This change is motivated by science demonstrating the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

Therefore, CDC now recommends that people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation if they can continue to mask for 5 days to minimize the risk of infecting others. For additional information, please read CDC's [Updates and Shortens Recommended Isolation and Quarantine Period for General Population](#). DuPage County Health Department (DCHD) supports CDC's recommendations for shortened isolation and quarantine guidelines and is awaiting further clarification from the Illinois Department of Public Health (IDPH) on implementation of this updated guidance in specific settings. DCHD guidance will be aligned with CDC and IDPH guidance as updates are provided.

For all persons without symptoms who are exposed to COVID-19, testing is strongly recommended 5 days after exposure. For testing locations, please visit www.dupagehealth.org/covid19testing.

All healthcare personnel (HCP) should follow updated CDC isolation and quarantine guidance posted here: [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#)

CDC's new isolation and quarantine recommendations for the public are outlined below:

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

- More -



If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home

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